

Let's Talk About It!

September 2015

Wellness Radio



With Scott Dudley & Maria Wyatt

If you have any questions that you would like answered on the show, please send an email to wellnessradio@co.imperial.ca.us

SCHEDULE:	TOPIC:	GUEST SPEAKER:
Week of August 31	<p>Alcohol and Drug Recovery</p> <p>1 in 8 people suffer from a form of addiction. Is addiction a character problem? A criminal problem? A public health problem? Susan Ireland and her guest, SMART facilitator Teresa Lander will talk about substance users and peer to peer recovery here in the Imperial Valley.</p>	<p>Susan Ireland, Regional Coordinator for Self-Management and Recovery Training (SMART Recovery)</p>
Week of September 7	<p>Incredible Years Parenting Program</p> <p>The Incredible Years® is a series of interlocking, evidence-based programs for parents, children, and teachers, supported by over 30 years of research. The goal is to prevent and treat young children's behavior problems and promote their social, emotional, and academic competence. The programs are used worldwide in schools and mental health centers, and have been shown to work across cultures and socioeconomic groups.</p>	<p>Peter Loft, MSW Certified and Accredited Incredible Years Trainer</p>
Week of September 14	<p>The Whole-Brain Child: Revolutionary Strategies to Nurture Your Child's Developing Mind</p> <p>Your toddler throws a tantrum in the middle of a store. Your preschooler refuses to get dressed. Your fifth-grader sulks on the bench instead of playing on the field. Do children conspire to make their parents' lives endlessly challenging? No-it's just their developing brain calling the shots! Daniel J. Siegel, neuropsychiatrist and author of the bestselling book Mindsight, explaining the new science of how a child's brain is wired and how it matures.</p>	<p>Dr. Dan Siegel, Clinical Professor of Psychiatry, UCLA School of Medicine; Founder and Co-Director of the UCLA Mindful Awareness Research Center</p>
Week of September 21	<p>safeTALK for Suicide Safer Communities</p> <p>safeTALK is a training that prepares anyone over the age of 15 to identify persons with thoughts of suicide and connect them to suicide first aid resources. Join us as part of suicide prevention month we explore how to build a suicide-safer community.</p>	<p>Christine Garcia, MFT Intern, Children Services ICBH-El Centro</p>

Tune in:



Thursdays at 8:00 a.m.



Saturdays & Sundays at 9:00 a.m.

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